



14 YOGA FOR BOOST IMMUNE SYSTEM



Revolved Crescent Lunge on the Knee



Revolved Warrior



Downward dog hand to ankle



Fallen Triangle



Wide Legged Forward Bend



Triangle



Plank with Knee to Opposite Tricep



Camel



Plow



Bridge Supported



Wind Removing



Fish



One Legged Wind Removing



Seated Three Limbed Forward Bend